

### Neurodiversity-Informed Assessment, Consultation, and Support

This service is designed for individuals who identify as neurodivergent or are exploring a potential neurodivergent profile. The approach is grounded in a biopsychosocial and integrative philosophy that values difference rather than pathologising it. It is informed by current research, clinical expertise, and a culturally attuned, rights-based perspective.

The neurodivergent spectrum includes ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia, Tourette Syndrome, and conditions increasingly recognised under the neurodiversity umbrella such as OCD, Bipolar Disorder, and Alexithymia. The framework reflects a growing shift from the traditional medical model—which frames neurodivergence in terms of deficits—towards a social and relational model that champions empowerment, flexibility, and environmental accommodation.

This service goes beyond diagnostic clarity to offer a space for reflection, meaning-making, and affirmation. Clients are supported to explore and integrate their sensory, emotional, cognitive, and relational experiences. Strengths are identified alongside challenges to foster a balanced and grounded understanding of the self.

### Area of Focus

- Adults or adolescents with late or self-diagnosis seeking validation and insight
- Strengths-based understanding of ADHD, Autism, Dyslexia, Dyspraxia, etc
- Addressing masking-related burnout, shame, and misattunement
- Consulting for school, university, or workplace inclusion and accommodations
- De-pathologising high sensitivity, emotional reactivity, or differences in processing
- Individuals whose prior assessments have felt invalidating or overly deficit-focused

## Age Group

Adolescents (14+) and adults

## What to Expect

The process is flexible, collaborative, and person-centred. It may involve in-depth psychological testing, reflective conversation, or planning tailored support across life domains such as education, career, and relationships.

Sessions are focused on:

- Psych education and narrative formulation
- Exploration of identity and lived experience
- Support in navigating diagnosis, self-identification, or both
- Recommendations tailored to home, academic, and professional contexts
- Guidance for families, partners, or employers to better support neurodivergent individuals
- Exploring or affirming a neurodivergent identity

## Session Format

- **Initial Consultation** (50 minutes): Clarify goals and determine whether an assessment or reflective support is most appropriate
- **If Assessment Is Required:** 3–4 extended sessions (approx. 2 hours each) followed by a detailed feedback session with written report
- **If No Formal Assessment Is Needed:** Sessions are 50 minutes and may be offered short-term (1–3 sessions) or as ongoing support

## Our Approach

At the Biopsychosocial Clinic, we approach neurodivergence through a developmental and relational lens, recognising each individual as unique. We acknowledge that personality and psychological development are shaped by temperament, early experiences, and social context.

Drawing from psychodynamic principles, we understand neurodivergent traits not simply as diagnostic labels but as complex reflections of biological predispositions interacting with life experiences.

Our work is informed by the social model of neurodiversity, which views differences in cognition, sensory processing, and emotional regulation as part of normal human variation. At the same time, we recognise that difficulties in identity, self-regulation, and relationships can arise when these differences are misunderstood or invalidated by society or internalised by the individual.

We are mindful of how tempting it can be to lean solely on neurobiological explanations. Checklists and biological markers offer a sense of certainty—they feel neat, easily understood, and comfortably rational. In a culture that often prizes science and reductionist thinking, these approaches can seem safer and more acceptable. However, we have found that overly reductionistic interpretations risk flattening complex lived experiences, reinforcing feelings of misattunement, and leading to treatment plans that feel ineffective or invalidating.

Using a dimensional model of psychological understanding, we look beyond symptoms to consider the whole person: their relational style, internal world, defensive processes, and inherent strengths.

Assessments are designed to provide more than a diagnostic outcome—they offer a coherent, integrative narrative that helps clients understand their life story, relational dynamics, and

Identity development. Our goal is to provide tailored, meaningful recommendations that support self-understanding, self-compassion, and long-term wellbeing.



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